



*City of East Orange  
Department of Health and Human Services  
143 New St.  
East Orange, New Jersey*

**September 2015**

**National/Local Health Observances/Contact Information**  
**National Prostate Awareness Month-**

Each year Black men outrank all others in prostate as well as all other cancer deaths. (Source:cdc.gov 2009). Detection through screenings that include blood work and a physical exam remain an important tool to diagnosis and early treatment. Free screenings are available through the health department and at other local agency sites.

*Free Prostate Screening Clinics*

**Pre-registration required** - DRE and PSA with colorectal cancer screening for uninsured, underinsured community members. Please call for ***local clinic locations*** and registration information-973-266-5463/5434/5429/5480

Additional information for men and their families about prostate health is available via the following web sites:

[www.cdc.gov/prostate](http://www.cdc.gov/prostate)

<http://zerocancer.org/learn/testing>

[www.ustoo.org](http://www.ustoo.org)

[www.womenagainstproustatecancer.org](http://www.womenagainstproustatecancer.org)

**National Childhood Obesity Month-**

“President Obama and the U.S. Congress both issued proclamations declaring September 2010 to recognize the first-ever National Childhood Obesity Awareness Month. The movement to recognize and act on childhood obesity continues to grow as organizations and initiatives from every sector unite to work toward a healthier society. In the past four decades, obesity rates in the United States have soared among all age groups..... **This rise in obesity rates has affected our youth in alarming fashion.** Childhood obesity has increased more than fourfold among those ages 6 to 11. More than 23 million children and teenagers in the United States ages 2 to 19 are obese or overweight, a statistic that health and medical experts consider an epidemic. And this epidemic puts nearly one third of America’s children at early risk for Type 2 diabetes, high blood pressure, heart disease and even stroke – conditions usually associated with adulthood. Even greater disparities exist among young Hispanics and children of color.

But there are opportunities every day to change these trends. And this September, there is an extraordinary opportunity to build awareness and take action – nationally, as well as in your state, city, workplace and home....” ([www.coam-month.org](http://www.coam-month.org))  
Several local community initiatives to address obesity are:

**Now at the The East Orange Shop Rite,** a dietician is available to address your questions and concerns about the food you consume. Counseling will be personalized for individual needs to include chronic medical conditions, weight loss management to healthy eating as a life style – The dietician is Ms. Sally Hammer R.D. You may walk-in or schedule an appointment. Her telephone number is: (973) 674-1500.

**East Orange Recreation Department Programs and “Stav and Play Room”** are available for use by residents of all ages. Go to [www.eastorange.nj.gov](http://www.eastorange.nj.gov) click on Recreation

**East Orange Parks-** Seven parks are located throughout the city go to [www.eastorange.nj.gov](http://www.eastorange.nj.gov) click on Recreation and look for Parks and Playgrounds for a complete listing.

**HIKE Program-(Healthv Initiative to Keep Exercising)** is an ongoing community collaborative initiative with Shaping NJ. The YMCA on Arlington Ave is the lead agency for this project. Walking to historical locations throughout the city is the highlight of this activity. Each designated site has a “historical plaque” with pertinent facts to keep you fascinated along your walking journey throughout East Orange. Additional activities are available at the YMCA such as swimming and Zumba. Go to: <http://www.metroymcas.org/east-orange-ymca/east-orange-ymca/>

### **The Affordable Care Act**

The next *Open Enrollment* begins for healthcare insurance under the Affordable Care Act **November 1, 201 to January 31 2016.** Are you currently uninsured or underinsured and need information about the changes that started October 1, 2013 in health care regulations under the Affordable Care Act (“ObamaCare”)? For information on how to get started go to [www.HealthCare.gov](http://www.HealthCare.gov), <https://www.healthcare.gov/what-key-dates-do-i-need-to-know/> or call (800) 318-2596 or (855) 889-4325 (TTY) for local information; call/email at [973-266-5429/](mailto:973-266-5429) [Karen.LaRussa@eastorange-nj.gov](mailto:Karen.LaRussa@eastorange-nj.gov)

### **National Sickle Cell Awareness Month**

Sickle cell Disease disproportionately affects African Americans in the United States. “Sickle cell disease (SCD) is a group of inherited red blood cell disorders” and ” affects millions of people throughout the world and is particularly common among those whose ancestors come from sub-Saharan Africa; regions in the Western Hemisphere (South America, the Caribbean, and Central America); Saudi Arabia; India; and Mediterranean countries such as Turkey, Greece, and Italy.” (Source: [cdc.gov/sicklecell](http://cdc.gov/sicklecell) 2013).

Information is available by contacting the Sickle Cell Disease Association of America, Inc. at (800) 421-8453 / [www.sicklecelldisease.org](http://www.sicklecelldisease.org) or locally at **SCANJ (Sickle Cell Association of New Jersey)** @ 973 482-9070/ <http://www.sicklecellnewjersey.org/>

**Annual Sickle Cell Education Day and “Let’s Walk About It” The Donna T. Darien Memorial Sickle Cell Foundation - Saturday, September 19, 2015, Weequahic Park, Newark, New Jersey, 8:30am-1:30pm.** More information at <http://www.dtsicklecell.org/> or call Phone: 973-282-1997

### **Healthy Aging Month**

Celebrate life by encouraging the promotion of “taking personal responsibility for one’s health... be it physically, socially, mentally or financially.” (www.Healthyaging.net). Services to support this philosophy for residents of all ages can be found at city departments/divisions ;such as, *Recreation* (973-414-4141) *Senior Services* (973-266- 8832) and *Health* (973-266-5429). Also contact the *Essex County Division on Aging* ( 973-395-8375) or the *New Jersey Division of Aging Services* :800-792-9745 for available resources.

### **National Preparedness Month**

The Federal “Ready Campaign” motto is to “BE Informed, Make A Plan, Build A Kit, and Get Involved “and encourages Americans to stay prepared for disaster events of all types. Go to:

<http://www.community.fema.gov/connect.ti/readynpm/view?objectid=172235> to get the FEMA Tool Kit.

#### **Additional Federal Preparedness Resources:**

[www.ready.gov/seniors](http://www.ready.gov/seniors)

[www.cdc.gov/Features/tornadosafety/index.html](http://www.cdc.gov/Features/tornadosafety/index.html)

[www.cdc.gov/Features/afteraflood/index.html](http://www.cdc.gov/Features/afteraflood/index.html)

[www.cdc.gov/features/hurricanepreparedness/index.html](http://www.cdc.gov/features/hurricanepreparedness/index.html)

[www.phe.gov/ASPRBlog/Lists/Posts/Post.aspx?ID=54](http://www.phe.gov/ASPRBlog/Lists/Posts/Post.aspx?ID=54)

[www.redcross.org/prepare/location/home-family/seniors](http://www.redcross.org/prepare/location/home-family/seniors)

**Resources for Caregiver’s Preparing for Weather and other Emergencies:** Due to recent traumatic weather events the “Caregiver Magazine” is recommending all “caregivers” be prepared with supplies or resources before the next storm emergencies occur (resources listed below). Be familiar with the East Orange Office of Emergency Management and the services they provide to the city’s residents. They can be contacted at: 973-677-8924 or via web at: [www.eastorangenj.gov/Departments/CityAdmin/OfficeofEmergencyMgt/index.html](http://www.eastorangenj.gov/Departments/CityAdmin/OfficeofEmergencyMgt/index.html)

Educational materials, activities and community resources for the above health topics are available through Health Education at the Health Department. Call 973-266-5429 or email [Karen.LaRussa@eastorange-nj.gov](mailto:Karen.LaRussa@eastorange-nj.gov)

### *Center for Disease Control (CDC) Health Alerts*

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**Adolescent and Adult Vaccine Quiz:** Did you know that certain vaccines are recommended for adults and adolescents?\*

Find out which vaccines YOU may need, go to <http://www.nphic.org/niam>

**Adolescent and Adult Vaccine Quiz:** Did you know that certain vaccines are recommended for adults and adolescents? \* vaccines YOU may need. This quiz provides information for people age 11 years and older.

### **Local Health Fairs/Events**

**Farmer's Market-Tuesdays, July through October 27, 2015-** Central Ave and Halsted St. The East Orange Health Department attends with a variety of community agencies to offer services and resources for healthy living.

**Pink Out of the Oranges Breast Health Awareness Walk –October 3, 2015 Registration: 8:00 am to 10:00 am The Walk starts at 10:00 am** This event is the result of a collaboration spearheaded by Mr. and Mrs. Timothy Brantley, of the Brantley Brothers Moving and Storage Company, INC with the City of East Orange and the City of Orange. The Brantley's dedication to help raise community awareness of breast health for women and men has culminated in this walk. This is the Second annual event. Everyone is encouraged to participate. The Walk will begin at Elmwood Park proceed to Orange Park, and then return to Elmwood Park. Community service agencies will be offering information at tables stationed in the park, before and after the participants complete the walk. The proceeds from this event will go to the American Cancer Society to support various cancer related program.

The walk will start at Elmwood Park, continue through East Orange to Orange Park and return to Elmwood Park for entertainment and information.

**Annual American Cancer Society's "Making Strides Against Breast Cancer" Walk is October 19, 2014, Military Park, Newark, N.J. Registration starts 8:00 am, Event starts @ 10:00 am. 1-800-227-2345 or go to [www.MakingStridesWalk.org](http://www.MakingStridesWalk.org)**

## **Opportunity to become a Community Health Advocate**

**Diabetes Community Outreach Team** - Join the American Diabetes Association's East Orange "LIVE EMPOWERED" team to share critical information about diabetes with other community members. Support behavior and nutrition changes in diabetes management that can save lives. Training is being offered by the American Diabetes Association at no cost to the participant. If interested please call the Health Education division at 973-266-5429 or email [Karen.LaRussa@eastorange-nj.gov](mailto:Karen.LaRussa@eastorange-nj.gov) .

### **\*\*\*\*\*New Health Department Service\*\*\*\*\***

## **East Orange Childhood Lead Poisoning Prevention Program's**

### **LEAD POISONING PREVENTION HOTLINE-**

If you have a child age 6 yrs. or under and live in a pre-1978 apartment or home with a peeling or chipping paint, call (973)266-5489 Ext. 5198

## **Webinar/Telephone Workshop Series**

Living with Multiple Myeloma: A Two Part Series

September 10, 2015 and September 17, 2015

These webinars are offered **free** for "people living with cancer, their families, friends and healthcare professionals" or anyone interested in this topic by "CancerCare". **Participation can be via telephone (1-800-813-4673) or through live stream on the internet.** Viewing is available at the Health Department. Call or email for information: 973-266-5429 [Karen.LaRussa@eastorange-nj.gov](mailto:Karen.LaRussa@eastorange-nj.gov)

**Health awareness and promotion programs and materials available** for the above subjects and other topics. For information and handouts for individuals, groups or organizations, send your request via email @ [Karen.LaRussa@eastorange-nj.gov](mailto:Karen.LaRussa@eastorange-nj.gov) or call: 973-266-5429.

**Helping Children Cope with Disaster**-Resource booklet to help children deal with catastrophic events in their lives. This includes unusual weather events and sudden traumatic deaths. Additional materials available at; Ready.gov, Fema.gov, redcross.org

## **Additional Health Department (Clinical) and Community Events**

### **Service Highlights:**

**Free Women's Mammogram Clinic-October 15, 2015 -Pre-registration required.** Cervical and colorectal cancer screenings for community members that are uninsured or underinsured. Additional screenings for HIV and blood pressure will be available. Please call now for an appointment- 973-266-5463/5434/5480.

The **Shingles vaccine** is now available at the Health Department for individuals 60 years of age and older

**Free Men's Prostate Screening Clinic** – *Pre-registration required* - DRE and PSA with colorectal cancer screening for uninsured, underinsured community members. Please call for an appointment-973-266-5463/5434/5429/5480

**Women Infant's and Children's Program (WIC)** - 185 Central Ave. Program registration with WIC nutritionists educating families concerning healthful topics each month. Call for information on topics or how to apply for "WIC" at 973-395-8960.

The **AARP Driver Safety Program** is now available in East Orange. Learn defensive driving techniques, new traffic laws and "rules of the road". Insurance discount may be applicable after course completion. To register call 973-266-5429 or email [Karen.LaRussa@eastorange-nj.gov](mailto:Karen.LaRussa@eastorange-nj.gov)

**Food Manager's Certification Class**-Contact the Environmental division for information or registration: 973-266-5109. Date of the next class to be announced.

The **Division of Employment and Training** is now located at 90 Halsted St. on the second floor of the Senior Services Building. Call for information or an appointment ; 973-677-8914

Please call/email if any questions/comments...!!

Submitted:

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